



Thredbo Fun & Fitness Week

incorporating the 34th National Running Week

IMPORTANT

1. TFFW sporting activities (tennis, volleyball, golf) are RESTRICTED to holders of the TFFW Chairlift/Activities ticket. Thredbo running events (Wed, Thurs, Fri, Sat) will require the production of your chairlift ticket to claim any barrel draw or cash prize.

2. TFFW participants will be required to become members of the YMCA of Canberra Runners Club, \$10 per family, \$5 per individual. This small fee is to cover the cost of public liability insurance for TFFW. Phil Aungles is the Honorary Director. TFFW is NOT a business venture.

3. Thredbo Village is in the Kosciuszko National Park and there is a \$16 per day car entry fee; \$190 for an annual permit; or \$64 for 5 days access to Kosciuszko National Park for the price of 4. Obtainable on entry from NSW or at Thredbo Newsagency. Fines for non-compliance are rigorously enforced.

4. CHAIRLIFT/ACTIVITIES TICKET.
All TFFW participants will be able to purchase a ticket allowing unlimited chairlift rides, 16 Bobsled rides, swimming and golf over the 8 days. It covers green fees for any time you play golf, but you must have your ticket ready for inspection while you are playing. Tennis court hire is covered only at the specified TFFW booking times. At other times normal hire fees apply.

Ticket costs are:
Family Pass\$282*
(*covers 2 adults & max of 3 children under 15)
Adult\$123
Child Under 15.....\$79
Seniors (60+).....\$79

Please note that Chairlift/Activities Ticket is not transferable and all TFFW participants must have one. Take care of the ticket as it will not be replaced if lost or stolen.

By way of comparison, normal charges for one return chairlift ride in 2013 are: Adult \$33, Child U/15 \$18 and Seniors \$25. Green fees per game: \$15.00. Tennis court hire: \$20 per hour. Pool: Adult \$8.00, Child/Seniors \$6.00, Bobsled ride \$7.00.

5. Presentations will immediately follow running and sporting events where possible.

6. Entry to any or all TFFW events is conditional on the completion of a disclaimer. All TFFW participants must be registered before a Chairlift/Activities Ticket can be obtained.

7. Please note that TFFW participants must organise their own accommodation at Thredbo Village.

8. The YMCA of Canberra Runners Club reserves the right to postpone, substitute or even cancel events due to adverse weather conditions (or circumstances beyond the organiser's control) without giving advance notice.

9. It is the responsibility of participants to provide their own drinks/refreshments at all runs and races.

Program enquiries:
Phil Aungles,
6 Reynolds Street, Curtin, ACT 2605.
paungles@tpg.com.au

General accommodation enquiries:
THREDBO RESORT CENTRE
Phone: 1300 020 589 Fax (02) 6457 6470

20th Thredbo Blues Festival
17 – 19 January, 2014

2015 Thredbo Fun and Fitness Week
Saturday 10 Jan – Saturday 17 Jan 2015



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THREDBO ALPINE VILLAGE, KOSCIUSZKO NATIONAL PARK

SATURDAY, JANUARY 11 TO SATURDAY, JANUARY 18, 2014
ORGANISED BY THE YMCA OF CANBERRA RUNNERS CLUB

Friday, January 10

6pm
Welcome BBQ Village Green. BBQ for early arrivals
BYO everything

Saturday, January 11

11am – 12noon and 2 – 2.50pm
TFFW Registration at Thredbo Sports Ticket Office. Complete TFFW disclaimer and obtain tags for running events. No entry fee for fun runs. You must be registered for TFFW before obtaining your Chairlift/Activities Ticket. Enter for the Crackenback Challenge at Valley Terminal (free). Obtain Chairlift/Activities Ticket from Thredbo Sports Ticket Office. (Family Pass \$282, Adult \$123, Child U/15 \$79, Seniors \$79. Family pass covers two adults and a maximum of three children under 15. All TFFW registrants MUST have a Chairlift/Activities Ticket).

3pm

Ludwig Rabina's Crackenback Challenge
Ludwig Rabina's Crackenback Challenge. 2 km/600 m climb. Start at rear of Valley Terminal. Course follows chairlift to Mt. Crackenback summit. Children under 15 NOT permitted to compete. Event only suitable for healthy, experienced and well-prepared runners. Definitely NOT for fun runners. Sponsor: Kosciuszko Thredbo. If you have been sick during the week DO NOT under any circumstances start in the event. Day competitors (who will not have purchased a TFFW chairlift/activities ticket) will need to purchase a one-way chairlift ticket (\$27) or return on foot.

6.30 pm Crackenback Challenge
presentation at the Bistro

Sunday, January 12

10 – 10.50am
TFFW **registration** Day participants enter for Thredbo Fun Run/Walk (free) at Thredbo Sports Ticket Office.

11am at Village Green

Thredbo Fun Run/Walk – 6 km, flat course, two laps of Thredbo Village. All prizes barrel draw. Start/finish Village Green. Please bring your own drinks as none will be provided.

12noon Presentation on Village Green

Participants must be present to be eligible for barrel draws. Sponsored by Kosciuszko Thredbo

6 – 7pm Bistro Happy Hour

Registration for TFFW Tennis (Tony Greenwell), Golf (Gerard Ryan) and Volleyball (Fran Dorey) at Bistro outdoors. Please present your chairlift ticket (which has your name printed on it) when registering for these events. Tennis, golf and volleyball RESTRICTED to TFFW chairlift/activities ticket holders.

8 – 10pm TFFW Quiz Night at KellerBar

Organiser: Armstrong Family. Sponsor Kosciuszko Thredbo





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Monday, January 13

9am

Thredbo River Run/Walk (sponsored by Pindari Plodders) Start/Finish: Friday Flat Organisers: Pindari Plodders

2pm

2 or 4 ball Ambrose Competition. Choose your own time to tee off. Organiser: Gerard Ryan.

5pm

Alfresco Pizza Mixed Relays - teams of 5 'selected' by Phil Aungles. Relay legs 1 km. Village Green. Pizza prizes for first across the line plus four other winning teams.

6-7pm Bistro Happy Hour

Tuesday, January 14

9.30am

Armstrong Alpine Adventure. A fun event for all ages/fitness levels. Sponsor: Armstrong Family. Start/Finish: BBQ adjacent to tennis courts. You will be required to present your chairlift/activities ticket in order to claim a prize.

12 - 5pm

Dave Hobson Grand Slam Tennis preliminary rounds (pairing: male/female - experienced/inexperienced). Sponsor: Kosciuszko Thredbo. 4 courts - 5 hours. Director: Tony Greenwell. Rules - first to 6 (possible 11 games). Killer point on deuce. TFFW ticket holders ONLY



5pm

The Runners Shop Canberra Invitational Mile - Village Green. Sweep facilities. Handicapper: Bernie King.

5.04pm

The Runners Shop Canberra Thredbo Fun Run Mile on Grass. Sponsor: The Runners Shop Canberra. Village Green.

Wednesday, January 15

9am

The Women from Snowy River Jog/Walk (4km yacht handicap). Start/finish: Village Green. Organiser: The Man.

10am

The Man from Snowy River Jog/Walk. Start/finish: Village Green. Organisers: Lorraine Stevens/Beryl Lowry

1pm

Thredbo Sprint Gift preliminary rounds (U/18 male/female, 18-39 male/female, 40+ male/female), Village Green. Repechage heats.

2 - 6pm

Dorey Alpine Volleyball. Village Green. Organiser: Fran Dorey. Sponsor: Dorey family.

6pm

Gift final (12 competitors over 100m Handicapping based on Stawell Gift. Village Green. Sweep facilities. Prizes restricted to TFFW ticket-holders.

7pm

Thredbo Fun and Fitness Week Dinner, The Knickerbocker Restaurant. Confirmation of attendance by Monday night with Phil Aungles.



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Thursday, January 16

8am

Col Browne TFFW Golf Masters. Sponsor: Kosciuszko Thredbo. Organiser: Gerard Ryan

3pm

Thredbo Aquathon (swim/run) at Friday Flat Lake. Organisers: Ken Uren/ Chris Toohey. Sponsor: Triathlon ACT. All prizes barrel draw. Arrangements subject to change depending on lake conditions. Incorporating the Thredbo Open Swimming Championships.

Friday, January 17

9am

The Desie Dazzler-Kids/Teenagers Fun Run. Start/Finish: Village Green. Sponsor/organiser: Desie Joannides.

11am

Eric and May Fazackerley 3 km Fun Run/Walk for Veterans (males O/40 and females O/35). Sponsor: Eric Fazackerley. Start/finish: Village Green. Organiser: SARRC/Dave O'Donnell. All prizes barrel draw. Please have TFFW ticket to claim a prize.

6 - 10pm

Dave Hobson Grand Slam Night Tennis (third round, quarter, semi and final: 4 courts/4 hours) at Valley Terminal. Sponsor: Kosciuszko Thredbo. TFFW ticket holders ONLY.

Saturday, January 18

Enter at Rawson Pass for Ludwig Rabina's Kosciuszko Classic (5 km) by completing entry form and receiving race tag. If you have been sick during the week DO NOT under any circumstances start in the event. Competitors not part of TFFW will need to purchase a return chairlift ticket (\$33). Allow a minimum of 1 hour for the walk to Rawson Pass. Catch chairlift by 9.15 am at the latest. Running is NOT permitted on the metal walkway. The start at the Snowy River Bridge is a 15 - minute downhill jog or a 30-minute downhill walk from Rawson Pass registration point. NPWS participation limit is 60.

11am

Kosciuszko Classic, 5 km, along the Old Summit Road. Start at Snowy River Bridge. Finish at the top of Mt Kosciuszko. Sponsor: Kosciuszko Thredbo. Children U/15 NOT permitted to compete. Event only suitable for healthy, experienced and well-prepared runners. Definitely NOT for fun runners. Remember you are racing at high altitude in very changeable weather conditions. Ensure you take plenty of warm clothing, simple carbohydrates and drinks for post-race recovery and the demanding return journey to the chairlift. This event involves a tiring 20 km of walking/jogging/racing.

*** Please note the unpredictability of mountain weather means the Classic could be CANCELLED at very, very short notice.

2pm Kosciuszko Classic presentation at the Village Green

